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DESISA WINS NYC MARATHON

Mary Keitany claimed her fourth women's crown. 4



Re-Discover Poland:
A country regained. 15-18

Jets offense disappears in snoozer
against Dolphins. 27



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'EL CHAPO' TRIAL BEGINS

Jury selection starts Monday in the trial of notorious Mexican drug lord Joaquin "El Chapo" Guzman Loera in Brooklyn, which is expected to last several months. 6

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NIKKI M. MASCAU, REPORTER

You don't need me to tell you we're living in one of the most contentious times in our nation's history — you read the headlines in here and elsewhere. No matter what side of the aisle you're on, Tuesday's midterm elections are one of our most critical ever. Find out what's at stake and everything else you need to know about Election Day in New York on page 8 or at metro.us. Reminder: Whether you want change or the same, not voting is not an option this year.

WELCOME TO
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AFTER WEEK OFFLINE

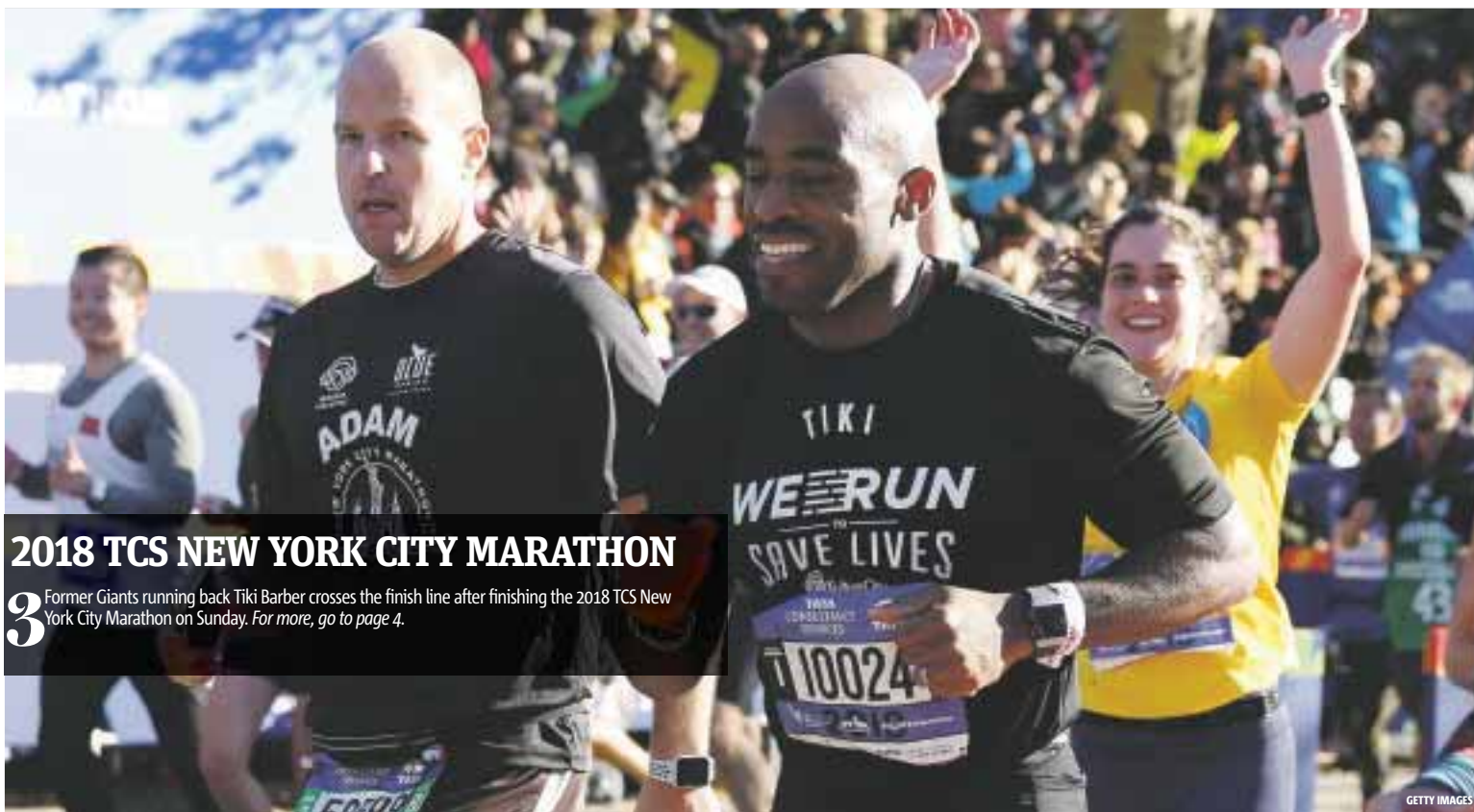
Gab.com, the website where suspected Pittsburgh synagogue gunman Robert Bowers posted anti-Semitic views, said it was back up on Sunday evening after being offline for a week while it looked for another registrar to host its domain name. After learning that Bowers posted to Gab.com before the shooting, GoDaddy Inc. asked the site to move to another registrar. Hosting firm Joyent Inc. and payment processors PayPal Holdings Inc. and Stripe Inc. stopped providing services. Domain name registrar and host Epik said in a blog

post on Saturday it had agreed to host the site, which went up shortly after 5 p.m. EST, describing itself as "a social network that champions free speech, individual liberty and the flow of information online." Some efforts to reach the site were not successful, however, which Gab.com acknowledged via Twitter. "Massive traffic right now. Keep trying. The world is watching," it said on its official account. Bowers, 46, has been charged with murdering 11 people on Oct. 27 in the worst attack ever on the Jewish community in the United States.

UTAH MAYOR DEPLOYED TO
AFGHANISTAN KILLED

2 The mayor of a Utah city was killed in the Afghan capital Kabul on Saturday in an apparent insider attack, the state's lieutenant governor said. The death of Brent Taylor, mayor of North Ogden and a member of the Utah National Guard, was confirmed by Utah Lt. Gov. Spencer Cox, who posted a tribute on Facebook. "I hate this," Cox wrote. "I'm struggling for words. I love Mayor Taylor, his amazing wife Jennie and his 7 sweet kids." Taylor had left his position in North Ogden, a city of around 17,000 people

about 45 miles north of Salt Lake City, earlier this year to serve in Afghanistan. It was his fourth deployment, according to The Deseret News, a Utah newspaper. The NATO-led mission in Afghanistan said in a statement on Saturday that a U.S. armed forces member was killed but did not identify him. "Initial reports indicate the attacker was a member of the Afghan National Defense and Security Forces. Initial reports also indicate the attacker was immediately killed by other Afghan Forces," the mission said in a statement.



2018 TCS NEW YORK CITY MARATHON

3 Former Giants running back Tiki Barber crosses the finish line after finishing the 2018 TCS New York City Marathon on Sunday. For more, go to page 4.

YOGA STUDIO GUNMAN
ACCUSED OF HARASSMENT

4 A gunman who killed two women at a Florida yoga studio and wounded five other people before taking his own life had previously been accused of harassing young women, police said on Saturday. Authorities said they do not know why Scott Beierle, 40, opened fire on Friday afternoon after posing as a customer to join the class at the Hot Yoga studio in Tallahassee. Detectives are searching for links between him and the victims. The two women who died were identified as a student and a faculty member from Florida State University. Po-

lice said Beierle was a graduate of FSU who served in the military, and that he had been the subject of calls to authorities in the Tallahassee area "related to harassment of young women." In a statement, police said Beierle was staying in a local hotel at the time of the attack, and that investigators were also searching his home in Deltona, Florida, more than 200 miles southeast of Tallahassee. Police records showed he was arrested in 2012 and 2016 on charges of grabbing women's buttocks. Both cases were dismissed, the Tallahassee Democrat newspaper reported.

UZBEK BUSINESSMAN
ELECTED HEAD OF AIBA

5 Uzbek businessman Gafur Rahimov was elected president of the international boxing association AIBA on Saturday, TASS news agency said, despite his presence on a U.S. sanctions list. His election is likely to fall foul of the International Olympic Committee (IOC), which is currently weighing up the future of boxing as an Olympic sport due to ongoing issues with AIBA's finances and governance. The IOC has previously criticized AIBA, the worldwide governing body for amateur boxing, for its decision to place Rahimov at

the helm in January as interim president. Rahimov, 67, is on the U.S. Treasury Department's sanctions list "for providing material support" to a criminal organization, a claim he strongly denies. "Such behavior is affecting not just the reputation of AIBA and boxing but of sport in general," the IOC said in October. On Saturday, TASS said Rahimov received 86 votes from 137 delegates of the AIBA Congress, which is being held in Moscow. He beat Kazakh former boxer and Olympic silver medalist Serik Konakbayev for the association's top job.

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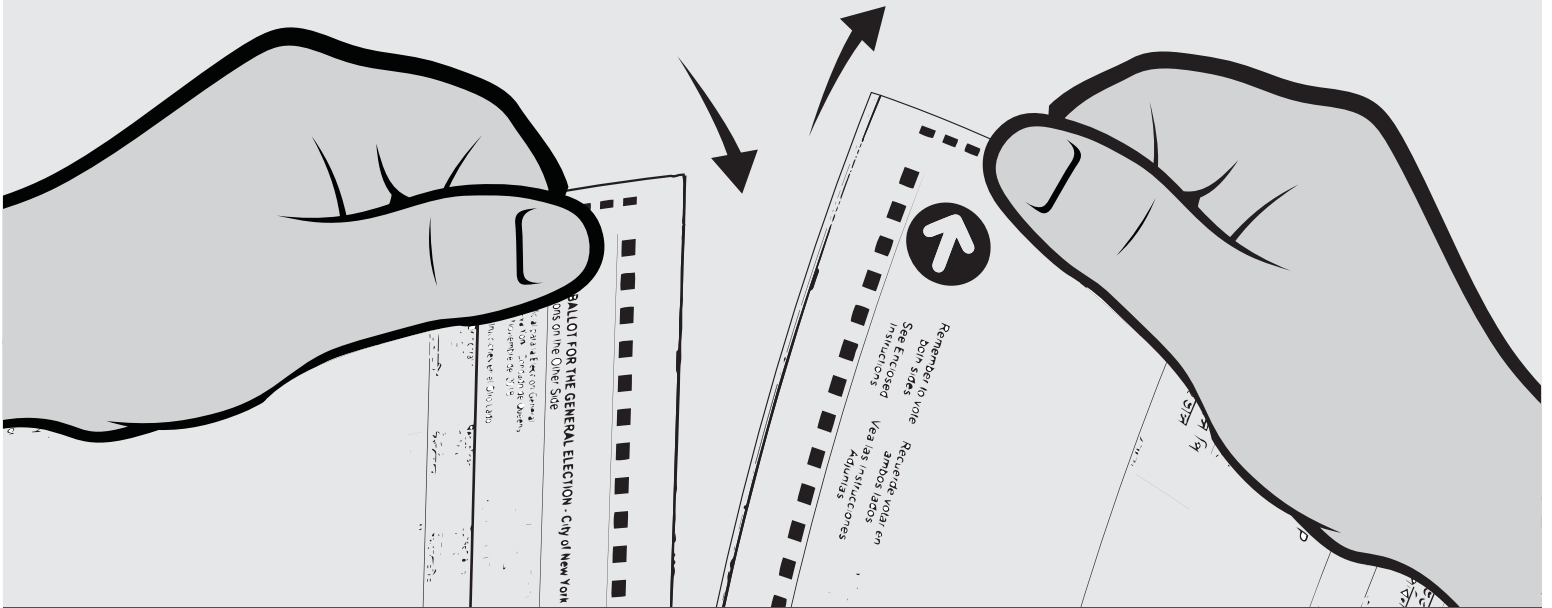
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Ethiopia's Desisa takes NYC Marathon, Keitany top female

Last year's women's champion, American Shalane Flanagan, finished third.

Ethiopian Lelisa Desisa used a powerful surge to win his first New York City Marathon in five tries and Kenya's Mary Keitany claimed a fourth women's crown with a dominant victory on Sunday.

Desisa finally made it to the top of the podium with a strong closing mile to win in an unofficial two hours, five minutes and 59 seconds as he and fellow Ethiopian Shura Kitata (2:06:01) passed defending champion Geoffrey Kamworor, who finished third in 2:06:26.

"Today is my day. I am very, very happy," said Desisa, a two-time



Winners Mary Keitany of Kenya and Lelisa Desisa of Ethiopia pose with their medals during the 2018 TCS New York City Marathon in New York on Sunday. GETTY IMAGES

Boston Marathon winner who had finished second in New York in 2014 and third in 2015 and 2017.

"I [was] thinking this year to be a champion," Desisa said. "I'm very thirsty to be the champion. I've been second. I've

been third. This year I decided to be champion because I had the training."

Kitata, 22, led much of the race before Kamworor moved in front of the Ethiopians around the 23rd mile.

But his African chal-

lengers were not done, with Desisa holding off Kitata in the final mile.

Keitany, second to American Shalane Flanagan in 2017 after three New York victories, returned to the top with a runaway performance.

"Today is my day. I am very, very happy."

Lelisa Desisa

The 36-year-old won by more than three minutes in 2:22:48.

"Last year I was second but I did not give up," said Keitany, who returned home to train. "I worked very hard for the victory."

She had won in 2014, 2015 and 2016 before Flanagan ended the streak.

London champion and fellow Kenyan Vivian Cheruiyot was a distant second in 2:26:02 as Flanagan closed to third in 2:26:22 in what may have been her last competitive marathon.

"It's such an honor being the defending champion," Flanagan said. "I

could not pass coming back."

Molly Huddle was fourth in 2:26:44 and Boston Marathon winner Des Linden sixth (2:27:51) in a solid showing by American women.

American Daniel Romanchuk surprised three-time champion Marcel Hug of Switzerland for a historic men's wheelchair win.

The 20-year-old Romanchuk became the youngest New York winner and the first American champion in clocking an unofficial 1:36:21 to nip Hug by one second.

The title was the second major win for Romanchuk, who also won Chicago in October.

Swiss Manuela Schar defended her women's title, overtaking American Tatyana McFadden for the victory in 1:50:27. McFadden clocked 1:50:48. REUTERS

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The 'El Chapo' saga is about to release a new season — in real life

The trial against drug lord Joaquín Guzmán Loera begins Monday in New York City.

If he was already famous for his escapes from jail and his interview with Sean Penn for Rolling Stone magazine, the Netflix series took the most mediatic drug trafficker of recent decades into icon status. Mexican Joaquín "El Chapo" Guzmán Loera will have his court appearance in the United States on Monday, after being extradited from Mexico in January 2017.

The trial is expected to last at least three months. Guzmán faces life in prison for 11 counts of drug trafficking, conspiracy and money laundering. (The death penalty is not a



GETTY IMAGES

possibility due to extradition agreement).

Metro spoke with Angel Armando Rodríguez Luna, researcher at Colectivo de Análisis de la Seguridad con Democracia (CASEDE) and specialist in organized transnational crime, as well as in the security co-

operation between Mexico and the United States.

What can we expect from the trial?

We can expect a show; some sort of security deployment is expected — particularly in New York — to safeguard the security of "El Chapo" in

principle, and also some of the witnesses who will participate in this trial. Relevant information on the activities of the Sinaloa cartel, particularly on the faction that Guzmán led, is also expected to come out.

Could we learn names of politicians or characters linked to the activities of "El Chapo"?

We should learn them. It will depend a lot on the way in which Guzmán's teams of lawyers and protected witnesses carry out these proceedings within the court. We should expect important information for both the judicial and journalistic sides, with names that have participated — particularly, at least, these past two decades.

How long could the trial last?

Both Guzmán and his

defense have stated that they are innocent, and in that sense, this can make the trial very long because it is going to seek to group and give solidity to all the testimonies that exist and that also account for Guzmán's different levels of guilt, both in drug trafficking and murders, committed inside and outside of Mexico.

It should be noted that this is a criminal group that has criminal operations in more than 50 countries around the world. It would be worthwhile to learn a little more, at least from the perspective of the Sinaloa cartel, about how transnational organized crime operates in other regions of the world and what the true articulation is of the networks and legal and illegal actors that make up such operational capacity.

METRO WORLD NEWS

'El Chapo' loses last-minute bid to postpone trial

A U.S. judge last week turned down a last-ditch effort by accused Mexican drug lord Joaquín "El Chapo" Guzmán to delay his trial, which is set to begin Monday with jury selection in Brooklyn federal court.

Lawyers for Guzmán said in a motion that they needed more time to review more than 14,000 pages of documents, largely related to key witnesses expected to testify against their client, that prosecutors turned over on Oct. 5.

However, U.S. District Judge Brian Cogan said at a hearing on Tuesday that the volume of documents was in line with what they should have expected.

REUTERS

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Your guide to the midterm elections

From what's at stake to when and where to vote, here's everything you need to know.



NIKKI M. MASCALI
nikki.mascali@metro.us

The midterm elections are Tuesday, and with Republicans' majority in Congress possibly at stake — and voter turnout seeing an uptick in the primaries — Nov. 6 could be one of the most important days in U.S. history.

Many governorships, all 435 House of Representatives seats and 35 of 100 Senate seats across the nation will be on the ballot Nov. 6, and New York state is no different.

Here's everything you need to know about the 2018 midterm elections in New York.

When to vote in the midterm elections: The New York midterm elections are Tuesday, Nov. 6. Polls are open from 6 a.m. to 9 p.m.

Where to vote in the midterm elections: You can only vote at your designated polling station, which you can find at vote.nyc.us or by looking on your voter registration card.

How to vote in the midterm elections: Voters in Manhattan, Queens, Brooklyn and the Bronx will see a two-page ballot at the polls, the city's Board of Elections said. It is double-sided, so be sure to turn it over to mark your votes. It will need to be separated at the fold before being inserted into the scanner to be tallied.

Key races in the state midterm elections:
Governor: Two-term incumbent Democrat Gov. Andrew Cuomo

faces Republican Dutchess County executive Marc Molinaro.

Lieutenant Governor: Incumbent Democrat Kathy Hochul is challenged by Republican Julie Killian, former deputy mayor of Rye, New York.

Attorney General: Republican Manhattan lawyer Keith Wofford is running against Democratic New York City Public Advocate Letitia James.

U.S. Senate: Democratic Sen. Kirsten Gillibrand is challenged by investment banker Chele Farley, finance chair of the state Republican Party.

State Senate: Every seat is up for reelection, and with many former members of the Independent Democratic Conference defeated by newcomers in the primary, these results are sure to be interesting.

House of Representatives: While all 27 seats are on the ballot, eyes have been on Democratic Socialist Alexandria Ocasio-Cortez, who defeated 14-year incumbent Joe Crowley in the primary. If she defeats Republican St. John's economics and finance professor Anthony Pappas on Tuesday as many expect, Ocasio-Cortez will be the youngest woman elected to Congress.

To find a full rundown of the New York midterm elections ballot, visit ballotpedia.org.

Midterm aftermath
To help make sense of Tuesday's results, sociologist, activist and author Frances Fox Piven will discuss the results, consequences and meaning of the midterm elections on Monday, Nov. 12 at SVA. The event is free and open to the public, but you will need to RSVP at sva.edu.

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GETTY IMAGES

Iranian marchers chant 'Death to America' on eve of US oil sanctions

Sunday was the anniversary of the 1979 seizure of the U.S. Embassy.

Thousands of Iranians chanting "Death to America" rallied on Sunday to mark the anniversary of the seizure of the U.S. Embassy during the 1979 Islamic Revolution and the imminent reimposition of U.S. sanctions on Iran's oil sector.

Students attending the government-organized rally in the capital Tehran, broadcast live by state television, burned the Stars and Stripes, an effigy of Uncle Sam and pictures of President Donald Trump outside the former embassy compound.

Hardline students stormed the embassy on Nov. 4, 1979, soon after the fall of the U.S.-backed shah, and 52 Americans were held hostage there for 444 days. The two countries have been enemies ever since.

State media said millions turned out for rallies in towns and cities, swearing allegiance to the clerical establishment and Supreme Leader Ayatollah Ali Khamenei. The figure could not be independently confirmed by Reuters.

Rallies are staged on the embassy takeover anniversary every year. But rancor is especially strong this time following Trump's decision in May to withdraw from world powers' 2015 nuclear deal with Iran and reimpose sanctions on Tehran.

The deal brought about the lifting of most international financial and economic sanctions in return for Tehran curbing its disputed nuclear activity under U.N. surveillance.

Trump said the deal was weak and favored Iran. The other signatories — Britain, France, Germany, Russia and China — remain committed to the accord.

U.S. Secretary of State Mike Pompeo said the penalties set to return on Monday "are the toughest sanctions ever put in place on the Islamic Republic of Iran."

"We can assure our people that the enemy will not be able to carry out its threats against our country."

Habibollah Sayyari

Interviewed on "Fox News Sunday," Pompeo said, "There's a handful of places where countries already have made significant reductions in their crude oil exports and need a little more time to get to zero. And we're going to provide that to them." He did not elaborate.

Pompeo noted that oil sanctions would be coupled with financial sanctions involving "over 600 designations of individuals and companies in Iran."

The Iranian military said it would launch two days of air defense drills on Monday and assured Iranians that it could neutralize any threats, the state news agency IRNA reported.

"We can assure our people that the enemy will not be able to carry out its threats against our country," IRNA quoted Habibollah Sayyari, the coordinating officer, as saying. Among the anniversary events was an exhibition of cartoons in Tehran called "Donald Salman" — a reference to the close ties between the president and King Salman, ruler of Iran's regional rival, Saudi Arabia. **REUTERS**

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Sound familiar? If it does... check this out...

The Treatment Formula

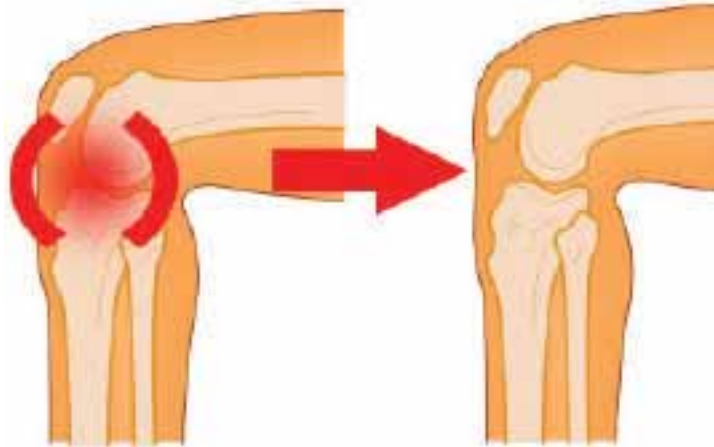
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

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- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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GETTY IMAGES

THE FOREMAN FORECAST: WAVING GOODBYE?

ANALYSIS

TOM FOREMAN



Only a few short months ago, Democratic leaders were practically scaling the spires of D.C., scanning the horizon, and shouting about the coming Blue Wave. As they and a good many political pundits saw it, President Donald Trump had spurred such fury in the populace, anti-Trumpers would flood the polls come fall. The House

of Representatives and the Senate would be swept into Democratic control, and Trump's ship of state would be wrecked — the man himself, marooned in the Oval Office without the power to do much of anything against a Congress united in opposition.

Oh, how the tides have turned.

"I think the blue wave is dead, frankly," Trump said in an interview with the Christian Broadcasting Network. As he has crisscrossed the land to rally his loyalists, many political analysts began hedging their talk of a strong Democratic showing. And even some Democratic party leaders are now downplaying expectations. When asked if they will take the House or Senate, they talk about hope and optimism — but with none of the certainty that buoyed them such a short while back.

That's not a good space for Blues, considering how widely this election looked like it was theirs to

lose. Trump's disapproval rating is off the charts, meaning despite all the Republicans rallying to his side, there are loads of voters ripe for the Democrats to scoop up. History, too, says sitting presidents frequently lose control of one or both houses of Congress. It happened to Ronald Reagan, Bill Clinton, George W. Bush, and Barack Obama. Yet somehow, Democrats seemed braced for a tepid win at best.

To be sure, the polls — which still generally show the Dems with an edge — could be missing a late, strong surge. Democratic leaders could be downplaying expectations and rousing fear to get their voters out in bigger numbers, and their party could still emerge on the other side with solid control of the House, and maybe an edge in the Senate, too. But at this moment, the blue wave they anticipated looks more like a ripple ... barely reaching the political shore.

BRIEF

Cynthia Nixon indirectly gives her support to Cuomo

While she didn't mention her rival by name, Cynthia Nixon gave her support to Gov. Andrew Cuomo last week in an email and video she sent to her supporters,

urging them to support and vote for the Working Families Party from top to bottom.

Nixon's support comes as a surprise after the two went toe to toe, exchanging insults over their differences of opinions and views during Nixon's run for New York governor. Cuomo beat out Nixon

by 30 percentage points.

"On Tuesday, we must use our voice once again by voting to take back Congress from Trump and the Republicans and to elect a progressive Democratic majority in New York's state Senate," Nixon shared in the message to her supporters. SARAH LUOMA



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The Medical Director of urology is **David Shusterman, MD.** Dr. Shusterman is a board certified urologist who specializes in state of the art compassionate kidney stone treatment.

Safe, effective ways to treat kidney stones

Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations.

The in-office procedure is completely safe, and recovery is typically pretty swift.

Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call (212) 991-9991* and start mapping out a plan for living a pain-free life without kidney stones.

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*not to be combined**Trump, Obama tout
clashing visions of
US as elections near**The president was
in Georgia cam-
paigning on Sunday.

GETTY IMAGES

President Donald Trump and former President Barack Obama made dueling election appearances on Sunday, offering sharply different views on the country's problems but agreeing on the high stakes for voters in the final 48 hours of a tight campaign.

With opinion polls showing dozens of tight U.S. congressional and gubernatorial races in Tuesday's election, the current and former presidents said the results would determine what kind of country Americans live in for the next two years.

"This election will decide whether we build on this extraordinary prosperity we have created," Trump told a cheering crowd in Macon, Georgia, warning that Democrats would "take a giant wrecking ball to our economy."

Trump campaigned with Georgia Secretary of State Brian Kemp, who is in a tight race with Democrat Stacey Abrams for the governor's office.

Obama condemned Trump, without addressing him by name, and Republicans for what he

described as their divisive policies and repeated lies. He hammered Trump and Republicans for trying to repeal his signature healthcare law, a move they have repeatedly made while also claiming to support protections for those with pre-existing conditions that the law includes.

"The only check right now on the behavior of these Republicans is you and your vote," Obama told supporters in Gary, Indiana, during a rally for endangered Democratic Senator Joe Donnelly.

Trump and Obama are the most popular figures in their parties, and their appearances on the campaign trail are designed to stoke enthusiasm among core supporters in the late stages of a midterm congressional election widely seen as a referendum on

Trump's first two years in the White House.

Opinion polls and election forecasters have made Democrats favorites on Tuesday to pick up the 23 seats they need to capture a majority in the U.S. House of Representatives, which would enable them to stymie Trump's legislative agenda and investigate his administration.

Republicans are favored to retain their slight majority in the U.S. Senate, currently at two seats, which would let them retain the power to approve U.S. Supreme Court and other judicial nominations on straight party-line votes.

In the midst of a six-day national blitz of rallies ahead of Tuesday's election, Trump will also appear later on Sunday in Tennessee, which hosts a vital U.S. Senate race.

In the final stages of the campaign, Trump has ramped up his hard-line rhetoric on immigration and cultural issues including warnings about a caravan of migrants headed to the border with Mexico and of liberal "mobs."

He repeated those themes in Georgia, urging voters to "look at what is marching up — that's an invasion" because it was good politics. REUTERS

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Re-Discover *Poland*: A country regained

Explore the wonders of Polish-American heritage at these events put on by the Polish Cultural Institute.



PAT KING
patrick.king@metro.us

I imagine many of you may have come across Polish culture at some point. Maybe your friends are of Polish descent, maybe you like Polish pierogi. Maybe you drive to work over the Kosciuszko Bridge, or rest by the King Jagiello Monument

in Central Park (even if you wonder who he was), or spend endless hours playing "The Witcher" on your computer. It's no wonder that you do, since in the United States there are roughly 10 million Americans of Polish descent cultivating their heritage, talking to others about it and reminding us all how closely Poland and America are connected.

Today, 10 million Polish-Americans remember how warmly America welcomed their ancestors, and are honoring that deep-rooted friendship with a special celebration to mark Poland's regained freedom.

This year marks the

100th anniversary of Poland regaining its independence from centuries of rule by Austria-Hungary, Germany and Russia. One could say that the reappearance of Poland as a nation on the map of Europe wouldn't have happened without the help of the United States. In 1918, President Wilson changed the course of history when he presented his plan for justice to Congress in the aftermath of World War I, claiming that the rest of the world should recognize the people of Poland as members of the free world. "An independent Polish state," he famously said, "should be erected which should

include the territories inhabited by indisputably Polish populations, which should be assured a free and secure access to the sea, and whose political and economic independence and territorial integrity should be guaranteed by international covenant."

What Wilson started, other presidents continued. Poland was also a focal point of the Hoover presidency. A new traveling photo exhibit curated by Zbigniew Stanczyk titled "The Spirit of Compassion, Herbert Hoover in Poland" depicts Hoover in his campaign to provide a daily meal to 1.3 million Polish children

between the years 1919 and 1922, directly following World War I. In more recent history, one cannot forget America's impact on the collapse of communism, and its later help in bringing Poland back into the structures of the Western world. Today, Poland is a member of NATO and the European Union, and a non-permanent member of the United Nations Security Council in 2018-2019.

But this friendship is mutual — without such brave freedom fighters as Kosciuszko and Pulaski, the American path to independence wouldn't have been the same.

To stress and strength-

en this long-term bond, on Oct. 31 the City Council of New York voted in favor of three separate resolutions recognizing Poland's independence and honoring important and influential figures in Polish-American history:

Resolution 420 declares that Nov. 11 will now be known as Polish Independence Day in the city of New York.

Resolution 421 establishes Oct. 11 as Casimir Pulaski Day (Kazimierz Pułaski) in the city of New York.

Resolution 422 establishes Oct. 15 as Tadeusz Kosciuszko Day (Tadeusz Kościuszko) in the city of New York.

EVENTS

To celebrate independence regained, this November and December the Polish Cultural Institute will be hosting a number of different events all over the city. Don't miss out on this chance to dive into Polish culture.

"What Defines Greenpoint Identity"

Where: McGolrick Park, Greenpoint
When: On view through Nov. 30

The "What Defines Greenpoint Identity" exhibition reflects on the footprints that generations of immigrants have left in the neighborhood throughout the years, through the architecture, social life and nature. It examines how certain landmark buildings have adjusted to the needs of new residents. It highlights institutions that have endured unchanged and remembers some that are long gone.

"Death Is Irrelevant: Selections from the Marc and Livia Straus Collection, 1975-2018"

Where: Hudson Valley MOCA, 1701 Main St., Peekskill
When: On view from Oct. 13-Aug. 2, 2019

"Death Is Irrelevant" is an exhibition showcasing selected figurative sculptures of international artists from the Marc and Livia Straus Collection, 1975-2018. One of the featured pieces in the exhibition is "The Power of Now" (2016), by renowned Polish artist Pawel Althamer.

Silesian String Quartet at The Morgan Library & Museum

Where: The Morgan Library & Museum, 225 Madison Ave.
When: Nov. 6, 7:30 p.m.

One of Poland's leading chamber music ensembles, the Silesian String Quartet will perform

works by important Polish modernist composers, including Karol Szymanowski, Witold Lutosławski, Grażyna Bacewicz and Krzysztof Penderecki.

Janusz Korczak: Legacy, Pedagogy, Children's Rights

Where: Columbia University, International Affairs Building, 420 W. 118th St., Rm. 1219
When: Nov. 9, 9 a.m.-6 p.m.

A one-day conference devoted to the life and work of Polish-Jewish children's educator, pediatrician and writer Janusz Korczak. Coinciding with the publication of a two-volume selection of his writings, newly translated into English, the conference seeks to open up Korczak's work to contemporary U.S. researchers and educators as a living body of pedagogical theory and practice.

Józef Czapski: Soldier, Critic,

Eyewitness, Painter

Where: McNally Jackson (Manhattan), 52 Prince St., and throughout United States
When: Nov. 8-29

Józef Czapski lived many lives — as a soldier, public figure, historical witness, memoirist. "Almost Nothing" is the first English-language biography of Czapski by painter, writer and translator Eric Karpeles, and this national book tour brings Karpeles to New York on the occasion of the New York Review Books bringing three books by, or about, Czapski to American readers. In addition to New York, the tour will go to Chicago, Washington, D.C., San Francisco and Point Reyes Station, California.

Complimentary Meal from the Old Traditional Polish Cuisine Food Truck

Where: East 47th Street & Park

Avenue
When: Nov. 9

Try a taste of Poland at the invitation of the Polish Cultural Institute in New York. Polish cuisine lovers will be offered a complimentary meal from the Old Traditional Polish Cuisine Food Truck, which will be waiting for New Yorkers at East 47th Street and Park Avenue. Starting at 11 a.m., you can try Polish pierogi, kielbasa, and a little something sweet — Polish doughnuts (pączek).

The International Chopin & Friends Festival

Where: All over the city
When: Nov. 9-18

This annual festival, organized by New York Dance & Arts Innovations Inc., showcases artists of various disciplines who emulate Chopin's legacy. Between

the opening gala, held at the Consulate General of the Republic of Poland in New York on Nov. 9, and the closing gala, which will take place at Carnegie Hall on Nov. 18, there will be a series of multidisciplinary events. For more information, check out www.NYDAI.org.

"100 for 100: Musical Decades of Freedom"

Where: Carnegie Hall, Stern Auditorium, Perelman Stage, 881 7th Ave.
When: Nov. 11, 2 p.m.

In this afternoon concert, the International Contemporary Ensemble (ICE) of Roulette will lead performances of works by five contemporary Polish composers: Agata Zubeł, Paweł Mykietyń, Tadeusz Wielecki, Lidia Zielinska and Aleksander Nowak, under the baton of conductor Steven Schick. **For more events, see Page 18.**



5 Of the most influential Polish women who helped to shape the world

Poland has always been a great resource for free thought and innovation. But did you know that Poland has produced some of the most influential women of the past century? Here are some of the most important Polish women who paved the road for others in the worlds of science, intellectual thought and the arts. **PAT KING**



Marie Skłodowska-Curie
ALL PHOTOS GETTY IMAGES

Maria Skłodowska-Curie

Chosen by readers in a BBC poll as the most influential woman of all time, the Polish-born scientist Maria Skłodowska-Curie changed the world with her monumental research and work with radioactivity.

Skłodowska-Curie was the first woman to win a Nobel Prize and the first person of either gender to win it twice — one for physics and one for chemistry. Her work paved the way for cancer treatment as we know it and helped to develop X-ray technology that would

assist hospitals all over the world during complicated surgeries. It is nearly impossible to fathom how many lives her research has saved since her groundbreaking work in the early 1900s.

Helena Rubinstein

Do you use Helena Rubinstein beauty products? If your answer is “yes,” that means you are already familiar with one of Poland’s most influential women.

As a businesswoman, philanthropist and art collector of Polish-American descent, Rubinstein rose through the ranks of the fashion industry

after the release of her eponymous beauty line in the early 1900s to become one of the world’s richest women.

Helena Modjeska (Modrzejewska)

Born in Krakow, Poland, Helena Modjeska immigrated to the United States in 1876 to become one of the greatest Shakespearean actors of all time.

In 1880, Modjeska moved to the United Kingdom to make her debut on the London stage and earned an uproarious standing ovation from the crowd. She later moved back to the United States

and acted on stage until her death in 1909. Her captivating portrayals of such tragic Shakespearean characters as Juliet and Ophelia from “Othello” influenced a whole generation of actors, bringing complicated depths of emotion to the stage.

Olga Boznanska

You normally don’t tend to think of Poland when discussing the French Impressionist artistic movement of the early 1900s. But Polish artist Olga Boznanska was one of the driving forces in this highly influential style of painting.

Her portraits and still

lives mesmerized the art world and she became a highly regarded artist while living in Paris, earning the French Legion of Honour in 1912 and the Golden Laurel of the Polish Academy of Literature in 1936. Her tireless efforts to break through in the male-dominated art scene of that time paved the way for gender equality in the arts, a victory that still has lasting effects today.

Ernestine Louise Rose

One of the key independent thinkers of Polish descent was Ernestine Louise Rose. Born in Poland in 1810 while

it was under Russian partition, she was a suffragist, abolitionist and women’s rights activist.

When she moved to the U.S., her previous experience encouraged her to join like-minded peers such as Elizabeth Cady Stanton, Lucretia Mott, Paulina Wright, and Sojourner Truth in the fight against slavery and for women’s rights. Her example as a true freethinking original cemented her legacy as one of the great intellectual forces in 19th-century America, and she left her footprints on the path to freedom and human rights throughout the world.



Helena Rubinstein



Helena Modjeska



Olga Boznanska



Ernestine Louise Rose

Old Traditional Polish Cuisine Food Truck is bringing Polish cuisine to the streets of New York

If you live in New York or are visiting from out of town, chances are you have probably heard that the only way to get authentic Polish food is to venture deep into the northern Brooklyn neighborhood of Greenpoint. Well, it turns out that you may be able to find some of the best Polish food around at the highly renowned — and insanely delicious — Old Traditional Polish Cuisine Food Truck.

Old Traditional Pol-

ish Cuisine is the only food truck on the island of Manhattan serving up authentic Polish dishes, such as their traditional kielbasa, and pierogi filled with your choice of potato and cheese, meat, spinach and cheese, or sauerkraut and cheese. With hundreds served every day, the truck attracts swarms of customers as it moves from location to location on a daily basis.

Eva Lokaj, direc-



PROVIDED

tor of marketing and public relations for Old Traditional Polish Cuisine Food Truck and Catering, believes that their plan to stick to the classics instead of incorporating things like mac ‘n’ cheese pierogi to their menu is what truly

sets them apart from the pack.

“We are carrying on with the traditions as we offer classical Polish home food,” says Lokaj. “We actually stick to the originals versus branching out to new-wave Polish foods.”

The Taste of Poland to celebrate its independence and a chance to win a ticket to Poland On Nov. 9, between East 47th Street and Park Avenue starting at 11 a.m., you can treat yourself to a free Polish meal from the Old Traditional Polish Cuisine Food truck, compliments of the Polish Cultural Institute. Passersby can stop to get their portion of delicious pierogi and kielbasa.

For those who also want to be treated to a sweet surprise, the Polish Cultural Institute is asking you to perform a simple task: Go to www.100latpolska.com, take a picture, add the hashtag #StoLat-Polska along with your

wishes for Poland on its Independence Day, and post it in the site’s gallery and on social media. Then show up at the Food Truck, present this photo and you will get an extra-delicious Polish desert.

Don’t forget that by posting a photo you also have a chance to win one of three airline tickets to Poland, which you can use to fly anytime in 2019. If you don’t have time to take a picture beforehand, you will still have another chance, with the PCI team standing by at the Food Truck to help. Then just take your treat, enjoy...and good luck with the lottery! Soon you might be enjoying Polish cuisine in Poland. **PAT KING**

The absolute *best* of Polish eats

Poland's cuisine is the star of Central Europe.

MARK BAKER
letters@metro.us

Mixing the heartiness of German cooking with some of the more exotic elements of Russian and traditional Jewish deliciousness, Polish food is surprisingly inventive. Polish dishes developed over the years from what could actually be grown or raised in the country's harsh, northern climate, and the food is almost always seasonal, local and sustainable.

Dumplings (Pierogi)

Thanks to their popularity among Poland's long-standing immigrant population, pierogi are as closely associated with Polish cuisine as pizza is Italian. These are tiny dough pockets, traditionally stuffed with cottage cheese, potato, cabbage or ground meat, and prepared either boiled or fried.

Pierogi are naturally delicious, but the key to their popularity is versatility, both in terms of what

to stuff them with, and when to eat them; they make a perfect between-meal snack or light lunch or dinner. They're classic peasant fare, but also a staple (the meatless varieties, at least) at Christmas Eve dinners around Poland. As for the stuffing, well, these days, just about anything goes. In addition to the classics, we've seen fruit fillings, mushrooms, cheeses and even bison meat.

Potato pancakes (Placki)

A comfort-food cousin to pierogi (and similar to Jewish latke), Polish placki are nearly as well-known and just as delicious. The key to the perfect potato pancake is in the grating, and the finer, the better. The grated potatoes are usually mixed with flour and egg, and flavored with onion or garlic. They're fried to a crispy brown in a shallow layer of oil over the stove, and eaten — as a snack or side — with a shake of salt and dollop of sour cream.

Sausage (Kielbasa)

Kielbasa is another Polish word that's entered the

English language through the stomach. Poland has an infinite variety of sausages — it would take a month to try them all. Traditionally, kielbasa is made from pork meat, often spiked with garlic and pepper and spices like marjoram or caraway seed, though beef and veal varieties are popular as well. Like pierogi, kielbasa is another equal-opportunity delight, enjoyed both at home as the centerpiece of a special meal or served simply (with a side of brown bread and mustard) from a roadside stand as a mid-morning or after-work snack.

Borscht (Barszcz)

Soups are an important part of every Polish meal, and there are as many Polish soups as days on the calendar. The most popular — and arguably most authentically Polish — would probably be the sour beetroot soup known nearly everywhere as borscht (in Polish, "barszcz"). Every fam-



ALL PHOTOS ISTOCK



more filling, the cook may serve it up with a side pastry stuffed with cabbage or meat, or add some tiny meat dumplings to the brew.

Vodka

It's no secret that Poles love their vodka (wódka), and a bottle of high-octane spirit is a familiar sight on any Polish dining table. Vodka is normally drunk neat as a shot, and can be taken before, during or after a meal. Outside of mealtime, a gulp of vodka is normally followed up by a bite of

pickle, bread or herring.

For years, Poles mostly favored the clear, unflavored varieties, but these days fruit-infused and spiced vodkas are having something of a moment. Look out for vodkas flavored with lemon, cherry, pepper and, one of our recent favorites, quince. An old standby, żubrówka (or "bison vodka") is a rye-based distillation, uniquely flavored with a blade of bison grass from the country's pristine Białowieża Forest. It makes a killer cocktail when mixed with apple juice.

ily has their own favorite way to eat barszcz, but unlike in other Central European cultures, where the soup is thickened with cream or flour, in Poland it's almost always served as a clear, reddish broth. To make the soup

The *perfect* Spicy Apple Ginger Cake recipe from Polish cookbook author Magdalena Tomaszewska-Bolalek

The history of Poland is the history of many cultures and nations. Poland can be easily described as one country with many roots, and this diversity is best reflected in everyday life, especially in Polish culinary customs and cuisine. You are probably already familiar with some of Poland's most traditional recipes, like famous pierogi, but today many chefs are bringing Polish food into the future. Polish cookbook author and wildly popular food blogger Magdalena Tomaszewska-Bolalek

made a name for herself with her successful cookbook "Polish Culinary Paths." This book explores the different regional delicacies of Poland, and in the process takes a culinary ride through the nation's history.

Tomaszewska-Bolalek continues to bring delicious new recipes to her fans through her popular blog Kuchniokracja. One of her most recent recipes is for a Spicy Apple Ginger Cake that is the perfect sweet-and-savory treat as the weather starts turning colder. PAT KING

Spicy Apple Ginger Cake

- 5 apples
- 80 g wheat flour
- 30 g rye flour
- 20 g ground linseed
- 80 g butter
- 80 g sugar
- Ginger syrup

DIRECTIONS:

Pour wheat flour, rye flour and linseed into a bowl. Then add sugar and cold butter cut into the bowl. Knead quickly until a crumble is formed. Peel the apples and cut into 8 parts. Place fruit onto a baking tray lined with baking paper and cover with ginger syrup. Cover the apples with crumble. Then bake the dessert for 45-50 minutes in an oven preheated to 180 degrees.



PROVIDED IMAGE

'The Beet of Liberty' recipe

Celebrate Polish independence regained with a special cocktail from Greenpoint's Cherry Point restaurant.



PAT KING
patrick.king@metro.us

Cherry Point, a restaurant in the ultra-hip neighborhood of Greenpoint, Brooklyn, has introduced a new cocktail to its bar menu called "The Beet of Liberty," to celebrate the 100th anniversary of Poland regaining its independence. Cherry Point's location on Manhattan Avenue was originally a Polish butcher shop, in a historically Polish neighborhood, and "The Beet of

Liberty" pays homage to that legacy.

The drink was created by Cherry Point for a pop-up event co-presented by the Polish Cultural Institute of New York, the Gelferia (Brooklyn purveyors of Old World Jewish foods) and celebrated Polish chef, Malika, which explored traditional Polish cooking through a modern lens. The Polish Cultural Institute has been hosting events this month introducing diners to the varied flavors and stories of contemporary Polish cuisine stemming from the country's diverse culinary roots.

Feel the beat of freedom with "The Beet of Liberty" cocktail (recipe at right).

"The Beet of Liberty" by Cherry Point

- 2 oz Wyborowa vodka
- 3/4 oz fresh lemon juice
- 1/2 oz tarragon-infused simple syrup
- 1/2 oz fresh golden beet juice
- dill sprig, for garnish

Combine vodka, lemon juice, simple syrup and beet juice in a shaker filled with ice. Shake until chilled, pour into a glass and garnish with fresh dill.

#StoLatPolska — Send a 'Happy 100th' birthday card for your chance to win a trip to Poland!



Old Town in Warsaw, Poland. ALL PHOTOS ISTOCK

To honor 100 years of Polish independence, the Polish Cultural Institute is launching the #StoLatPolska letter to Poland contest. "Sto Lat" translates literally into "one hundred years" in Polish, and with this campaign the Institute hopes that you send your love from America back to

Poland by heading over to 100latpolska.com and uploading a photo of yourself with a brief message. If you do so before Nov. 9, you can enter for the chance to win one of three free plane tickets to Poland.

This campaign is a way for the Polish Cultural Institute to return the favor from

when 5.5 million Poles signed a birthday card in 1926 and sent it to America to honor the 150th anniversary of its Declaration of Independence. So come join the fun and wish Poland a happy 100 years — or "Sto Lat" — for your chance to win a once-in-a-lifetime trip to Poland!

PAT KING

EVENTS CONTINUED FROM P.15

"100 for 100: Musical Decades of Freedom"

Where: Roulette Intermedium, 509 Atlantic Ave., Brooklyn
When: Nov. 11, 8 p.m.

Musical Decades of Freedom will continue in the evening with this performance of the International Contemporary Ensemble (ICE) at Roulette, performing works by five contemporary Polish composers: Agata Zubeł, Paweł Mykietyń, Tadeusz Wielecki, Lidia Zielinska, and Aleksander Nowak, under the baton of conductor Steven Schick.

"The Auschwitz Volunteer: Captain Witold Pilecki" — A "monodrama" by Marek Probosz

Where: Theatre Row; 410 W. 42nd St.,
When: Nov. 11, 7:30 p.m.

In September 1940, Polish army officer Witold Pilecki volunteered for a secret undercover mission at Auschwitz: to smuggle out intelligence to the Allies, and build a resistance organization among the prisoners. Pilecki accomplished this impossible mission, barely surviving nearly three years of brutality, torture, starvation, and disease before escaping. His bravery has few rivals. The play will be performed at the United Solo Theatre Festival.

"Poland Regained: Polish Posters

from the 1890s to the 1930s"

Where: Outside of the Consulate General of the Republic of Poland, 233 Madison Ave.
When: On view from Nov. 19-Dec. 31

"Poland Regained: Polish Posters from the 1890s to the 1930s" is an exhibition of posters made between 1892 and 1939, including the 20 years Poland existed as an independent state before the outbreak of World War II. These selected, unique pieces bring us closer to interwar Poland through their depiction of everyday life, such as posters promoting domestic sports and overseas tourism, both growing by leaps

and bounds at the time.

Jacek Dehnel in conversation with Karen Kovack

Where: Instituto Cervantes New York, 211 E. 49th St.
When: Nov. 29, 6 p.m.

Acclaimed Polish author Jacek Dehnel will discuss his latest novel and poetry collection published in the U.S., addressing topics such as internet culture, science, postmodern architecture and love. Plus, he'll be available to sign copies of his books after the event. This event is part of the New Literature from Europe Festival.

Retrospective of Paweł Pawlikowski's films

Where: The Museum of the Moving Image, 36-01 35th Ave., Astoria
When: Dec. 7-16

Paweł Pawlikowski is a Polish filmmaker who has garnered much acclaim for a string of award-winning documentaries in the 1990s, and for his feature films "Last Resort" and "My Summer of Love," both of which won a BAFTA and many other European awards. At the 2018 Cannes Film Festival, Pawlikowski won the Best Director prize for his latest film, "Cold War."

Screening of "The Zookeeper's Wife"

Where: The Jewish Community Center in Manhattan | 334 Amsterdam Ave.
When: Dec. 18, 7 p.m.

"The Zookeeper's Wife" is a 2017 film about the drama of war, directed by Niki Caro and based on Diane Ackerman's nonfiction book of the same name. The film tells the true story of how Jan and Antonina Żabiński rescued hundreds of Jews from the Germans by hiding them in their Warsaw zoo during World War II. It stars Jessica Chastain, Johan Heldenbergh, Daniel Brühl and Michael McElhatton.



Pat King
Grumble Editor

READER WRITE-INS:

COME ON, MAN. THERE'S
JUST NO SPACE!
Why do people try to fit into
seats on the train that they

clearly know they can't fit into?
Then they sit on the edge of
the seat, sometimes almost
falling off. Then, to top it all
off, especially on a crowded
train, they are now in the way
of people being able to hold
on to the pole overhead. So
not only are they making those
seated uncomfortable, they are
now taking up space for one or
two people to hold on to the
overhead pole. That's one or
two more people who could
have gotten on the train. It's
right up there with those who
have huge backpacks. Incredibly
annoying!
— Lisa C., Metro New York reader

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ISTOCK

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Every day we will post a new photo and give you the chance to send
in the funniest caption to go along with it. We'll publish the best
caption the following day. Send us your best ideas to
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"Bork, Bork,
Beep, Beep"

The winning caption from Courtney D., Metro New York reader

TOMORROW'S PHOTO:



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Aries Put more time and effort into important relationships. Consider ways you can make improvements to how you treat others and take care of your needs.



Libra Emotions will flare up quickly if someone is critical or pushy. Look for the good in every situation and focus on being and doing your best.



Taurus The changes you want to make will come easily once you get started. If you put a little backbone behind your plans, you will excel. A personal matter should be dealt with privately.



Scorpio Take an innovative approach to life. Changes you make will encourage you to work hard to achieve your dreams. Channel your energy into making precise yet doable plans.



Gemini A change of pace will lead to a better position and improve your relationship with your peers. Physical achievements look promising and will improve your outlook and appearance.



Sagittarius Get to the bottom of things. Speak from the heart and find out where you stand. Question anyone giving you the runaround, and prepare to move forward with or without others.



Cancer Think twice before you take on something that is physically impossible. Your desire to please someone will backfire if you cannot live up to your promises. Offer only what's feasible.



Capricorn Be careful when dealing with sensitive issues. If you aren't prepared to prove your claims, you are best off sitting tight and letting things settle down.



Leo Making a couple of changes at home or work will give you a sense of accomplishment. Don't let someone's insecurity or jealousy ruin your enthusiasm. Be grateful for what you have.



Aquarius Put more time and effort into how you care yourself and present your ideas. A financial gain will result if you make changes that will lead to a more efficient lifestyle.



Virgo Get serious about your personal goals. Make a to-do list and get started. What you accomplish today will encourage those around you to take note and offer praise.



Pisces Don't feel you must embellish your plans to get others to pitch in. Your enthusiasm and hard work will draw attention, elicit suggestions and attract a potential partner. EUGENIA LAST

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NIGHT

Weekend
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LIFESTYLE

Solve it like Sherlock

Learn all the skills of the great detective at the Liberty Science Center's immersive new "International Exhibition of Sherlock Holmes."



EVA KIS
eva.kis@metro.us

You come upon a crime scene: an overturned chair, a mused desk, papers strewn all over the floor, a broken bust of Napoleon. What happened, and who did it? The legendary detective Sherlock Holmes could solve the case — and so can you, after learning all his tactics at the Liberty Science Center's new "International Exhibition of Sherlock Holmes."

Sir Arthur Conan Doyle's famous detective may seem like he had special powers, but only to the untrained eye. "The International Exhibition of Sherlock Holmes" transports visitors back into his era

of the 1890s, when the world was experiencing a rush of discoveries in the fields of science and technology that laid the groundwork for modern innovations that continue to be used by investigators today.

The adventure begins as soon as you walk in, when each visitor receives a booklet to collect clues at each station throughout the giant exhibit that takes up four halls. Visitors enter into

If you go:

The International Exhibition of Sherlock Holmes

Through May 27, 2019
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where a series of interactive stations guide your education. You'll not only learn about Morse code, you must send coded messages to another station. You learn about poisoning through Victorian ladies who put nightshade in their eyes to create a dewy-eyed appearance. There's rubbings to be made of seeds, scouring of newspapers to decipher a code and dirt to analyze — all to prepare you for the actual crime in the following room.

The next hall of rooms contains Sherlock Holmes and Dr. John Watson's iconic living room at 221B Baker Street, where you're invited to meditate on



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This is the scene of the crime — can you crack it? ALL PHOTOS EVA KIS



Find clues all through the exhibit and fill your investigator's booklet.

what you've learned before moving on to the crime scene you must solve. Both are impressively detailed.

The lessons continue, ranging from cultural history to botany, with more ways to fill up your booklet by embossing, stamping, rubbing and drawing your deductions.

After you've learned

all of Sherlock's tricks, the exhibit concludes with a room full of photos, figurines, comics, costumes and more memorabilia from all the many adaptations of the detective through the years, including "Elementary" and the BBC's "Sherlock."

In addition to the exhibit, LSC will be hosting a special edition of

its monthly After Dark series for guests 21+ on Thursday, Nov. 15. Titled "Murder at the Museum," you'll use your newfound crime-solving skills to solve a mystery created by the theater troupe Murder Mystery Co., plus a bar and Midnight Market vendors. Tickets are \$20 in advance, plus \$6 for access to the exhibit.

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should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world of science and real medicine... Guaranteeing results is impossible.

Every patient is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

Why Netflix took such a huge risk to finish Orson Welles' final film



It took a long time to finally finish "The Other Side of the Wind."
JOSÉ MARIA CASTELLVÍ/NETFLIX



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Producer Frank Marshall talks us through the 48-year journey.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"The Other Side of the Wind" would never have been finished without Netflix.

Orson Welles began filming it in 1970, but production repeatedly stalled, and he struggled for 15 years to get it finished. He died in 1985 without completing his Hollywood satire, which was semiautobiographical as it revolved around John Huston's exiled director retuning to America to try and finish his comeback movie.

Because of Welles' genius, though, a devoted group of filmmakers and artists, which included Peter Bogdanovich and Frank Marshall, made it their mission to complete "The Other Side of the Wind." Marshall, who worked on the film as a novice back in 1970 as a production manager, recently told Metro he spent the past 33 years trying to get his hands on the negative for "The Other Side of the Wind" it. However, that only really started to become a reality when Netflix got involved six years ago.

"Ted Sarandos, who is the chief content officer for Netflix, is a huge Orson fan. He knows how much of a visionary filmmaker he was," Marshall says. "Netflix is a great site for films and storytelling in all different kinds of ways. I think he understood the importance of this for cinema history and for Orson's career."

There was just one problem, though, as Marshall, "couldn't tell him

what we needed to finish it, because we needed to see that negative.

"We couldn't get the negative before we had somebody who would pay for it," says Marshall. "It was a catch-22."

That didn't stop Netflix from putting its hands deep into its pockets for "The Other Side of the Wind."

"Finally, Ted said, 'Go for it,'" says Marshall. "They were supportive of anything we needed. There was never a question from them."

"I'll admit, we went over budget," he adds. "They never questioned what we were doing or why we were doing it. That's why we are here today."

Unfortunately, things only got more complicated once they had their hands on the negative.

"Essentially it was a big treasure hunt, a scavenger hunt even, that's a better way," says Marshall. "It was a giant puzzle. We had a script, we had Orson's notes, we had cut sequences, we had a lot of guide posts along the way."

"But we had to assemble all of the film and get it downloaded and organized first. Because I didn't know if he had shot everything," he adds. "There was no way to know. He never kept any logs, and notes were scattered all over the place. So we had to sit down and organize the film, and that took nearly a year."

But Marshall insists that the now-completed version is the perfect conclusion to Welles' career.

"It is nice to be the bookend to his career," says Marshall. "It is a fitting film for his legacy."

"The Other Side of the Wind" is now on Netflix.



Julien Baker performs two sold-out shows in Brooklyn this week. **NOLAN KNIGHT**

Julien Baker talks her new collaboration with Phoebe Bridgers and Lucy Dacus, and why the best art comes from taking risks

The new band, boygenius, will release their debut album this weekend.



PAT KING
patrick.king@metro.us

Julien Baker knows how to quiet any room. Her intensely delicate songs wear their bruises like badges, and even though they are generally sparse in their orchestration — usually consisting of only Baker's voice and her guitar — they can sometimes feel overwhelming in their emotional power.

Along with Phoebe Bridgers and Lucy Dacus, Baker has become one of the most exciting young songwriters of her generation. Fans were ecstatic over the announcement that all three of these gifted songwriters would be touring together this fall, but were blown away to find out the three had also recorded a six-song

EP together to go with this tour. The project — known as “boygenius” — highlights each of the songwriters' strengths while never taking away from the collective band aesthetic and ethos. These songs prove their worth and make for one of the most exciting collaborative musical projects in recent memory. The EP is available to stream online right now, but will be available in stores from Nov. 9.

We spoke with Julien Baker about writing songs with Bridgers and Dacus, and why releasing music under a band name can sometimes be more liberating.

What was the initial conversation like when you decided to start this project?

We were all going to go on tour together, no matter what. And as we were sort of talking through it, we thought it would be really special if we could find some sort of way to perform and do something collabora-



NOLAN KNIGHT

tively. Should it be one of our songs, or should we write a new song? Write a single. Write a single with a B-side. Then, with our excitement growing, it gradually evolved into us finding some time to all write together.

We sent each other songs that were in various levels of completion, in voice memos and such. I listened to their songs and sort of had a working idea of what we could do. Then we had one day before we

actually went into the studio physically where we just sat down and played through the songs and talked through arrangements. We had actually never all written together. I think through that process, it was so intuitive and comfortable and we all had very similar musical sensibilities. As the week went on, we continued writing and showing each other ideas. So, “Salt in the Wound” and “Souvenir” were two

that were brought later to the table. Originally, I was going to contribute another song that wasn't “Souvenir.” But as our comfort level grew, I think we felt more inclined to try and push ourselves to try new things.

Your own music is so profoundly moving. What heighten its power are your minimal arrangements. Your songs generally consist of just your voice and guitar.

Each of your records has expanded on that in some ways, but this album finds you moving to full band arrangements for a lot of the songs. Did you view this as the next logical step in your sound?

I had known before this project that I wanted to have a drastic change to my sound on the next record. But, I don't think I really think of this as the next thing for me. This project was as much about Phoebe and Lucy's influence, and I think that having a full band just made sense because both Phoebe and Lucy typically play with a drummer. There are some songs that are actually very sparse on this record and some that were recorded with just one single guitar and all of our voices.

I like that variance because I think it speaks to you, the way that all of us flourish. And maybe it shows you our capacity to work in musical environments that are not the usual for us.

JOBS
&
EDUCATION

Make sure your child has enough one-on-one time with their teachers.



PAT KING
patrick.king@metro.us

Many charter schools are now accepting applications for the 2019-2020 school year for students of all ages.

As this frenzy to get your child accepted into the perfect charter school begins to heat up, it can be easy to lose sight of some of the simple things that could help your child thrive academically.

One of these aspects is making sure that your child is enrolled in a program that offers the perfect low student-to-teacher ratio in each classroom.

Why low student-to-teacher ratio classrooms matter in charter schools



ISTOCK

According to a study by the Public School Review, students in grades from kindergarten to three had the greatest

amount of academic achievement in classes that have a ratio of no more than 18 students per teacher. This study

also found students perform much better the longer they are exposed to this kind of classroom environment. This kind

of data only supports the benefits of keeping a low student-to-teacher ratio in classrooms and with how important this time is for a student's overall development, it should make this a large priority for parents looking to enroll their children in charter schools.

Brown University also found that children rarely seem to vary from their learning habits and understanding of their responsibilities after the age of nine. This means that they are firmly rooted and dead set on their ways of approaching tasks and school work by the third grade.

As the old saying goes, you can't teach an old dog new tricks. But by building on the habits they have learned from an early age in smaller classrooms, they will only continue to thrive.

So by having more direct time with teachers,

students in low student to teachers ratio classrooms will be able to understand what is expected of them and their bad habits will be able to be spotted by their teachers and corrected in more constructive ways. Plus, this kind of environment will give your child a chance to shine and build stronger connections with a smaller group of children.

While parents are looking ahead to applying to charter schools for the 2019-2020 school year, finding charter schools in Philadelphia with low student-to-teacher ratios should be on the top of your list. Why certain schools may have specific focuses and concentrations outlined in their curriculums, having smaller class sizes to help with your child's overall focus and concentration.

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HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities. This document is supported by Grant #90FX0039 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.



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see a list of the federal student loans under your name. Click on the number of the loan in the left-most column to bring up details about it. You'll see the total amount left to repay and the name and website of the company that collects your bill, known as your servicer.

Next, check your credit report for private

student loans. You can access one report from each of the three major credit bureaus annually at annualcreditreport.com, or you can use a free online credit reporting service. In the accounts section, student loans will likely be listed as installment loans. Take note of the company that owns the loan and what the

balance is.

Step 2: Get control of your bills

While you must know your overall student loan balance to make a strategic repayment plan, your total monthly bill is the more important number. Not sure how much you've been paying to each bank or servicer? Log

in to their online portals to find out. While you're there, note the interest rate on your loans, too.

At this point, make a list of loans that includes the company you pay, whether the loan is federal or private, the amount you owe per month, the amount you owe overall, and the interest rate. Rank the loans by interest rate, with the highest at the top.

This is what you're working with. Now, compare your total monthly payment with your take-home pay. Are you earning enough to cover not only your loans, but also the essentials like your housing costs and food?

If the answer is "no" to either or both, cutting your loan bill is your priority now.

Step 3: Take action

Sign up for an income-driven repayment plan. For federal loans, this limits your loan bill to a percentage of your in-

come, and will free up the money you need in other parts of your life.

Call your lender. Your ability to pay less toward private loans depends on individual lenders' policies. Ask for lower or interest-only payments for a period of time. Avoid extended forbearance. While postponing your payments might sound like a good idea, reserve this for short-term stints. If you can't afford your loans for the foreseeable future, choose a more permanent strategy. If you have a month of expenses or more saved for emergencies and you're able to contribute up to the employer match on your 401(k), you can tear into those loans. Pay off the highest-interest loans first to save the most money. Or refinance, if you have good credit or a co-signer; you may be able to get a lower interest rate, which will help you pay off loans faster.

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Jets offense spirals in Miami

New York held to just six points as Darnold was picked off four times.



JOE PANTORNO
joseph.pantorno@metro.us

The New York Jets offense went missing in Week 9 as they dropped an offensively challenged affair 13-6 on Sunday afternoon to the Miami Dolphins.

A third straight loss drops the Jets to 3-6 on the season and all but destroys any sliver of hope that they could contend for the AFC East or a post-season spot.

The Dolphins defense supplied a bulk of the scoring on Sunday afternoon, the lone touchdown in the game's first

50 minutes coming off a Jerome Baker interception of Jets rookie quarterback Sam Darnold which was returned 25 yards for a touchdown early in the fourth quarter.

It was the second of four interceptions thrown by Darnold, who leads the NFL with 14 picks. His struggles headlined a Jets offense that couldn't get a thing going as it was held to just 282 yards on the day. Darnold was held to 229 yards through the air while completing 21-of-39 of his attempts.

If it wasn't bad enough that he couldn't get the offense going, Darnold was having a difficult time just reeling in the snaps from center Spencer Long, who was playing with a dislocated finger. After a number of errant snaps, in-



Sam Darnold was picked off four times by the Dolphins. GETTY IMAGES

cluding one in the fourth that resulted in Darnold scrambling 15 yards behind the line of scrimmage, he was benched for Jonotthan Harrison, though the change did little to change New York's fortunes.

Brock Osweiler and the Dolphins offense were actually worse than the Jets as they could only accrue 168 total yards of offense as they continue to miss injured starting quarterback Ryan Tannehill.

In total, Sunday's tilt saw a combined 16 punts on the day, the Jets kicking the ball away six times compared to just 15 first

downs. It was the Dolphins that held a 6-3 lead, who got on the board thanks to Darnold's first mistake of the day.

The rookie quarterback was picked off late in the first quarter by linebacker Kiko Alonso, stymying a Jets drive that made its way into Miami territory. While Alonso was tackled in his own half, an unnecessary roughness penalty by Brandon Shell put the Dolphins in plus territory.

Osweiler couldn't generate much despite the good field position, but Miami did come away with a Jason Sanders field goal from 43 yards out. He

would add a second field goal with 1:11 left in the half.

The Jets finally were able to put something together thanks to a successful two-minute drill. Darnold was able to drive the Jets 45 yards on seven plays in just 51 seconds to halve the deficit at the break after a Jason Myers field goal, his 12th straight conversion. It was New York's most successful drive considering they put together just 66 yards in their first five drives of the game.

Myers' streak ended in the fourth, however, when he pushed a 50-yard attempt wide to the right.

Following the Baker pick-six to put Miami up 10, Myers answered with a 57-yard field goal to cut the Jets' deficit to a touchdown with 5:57 remaining.

Darnold had two more opportunities to draw things level, but both Jets drives ended with interceptions to ice a miserable day for the rookie.



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Structured Isles exceeding expectations

The Islanders sit atop the Metropolitan Division after 13 games behind new head coach Barry Trotz.



JOE PANTORNO
joseph.pantorno@metro.us

There has been a culture change out in Brooklyn and things are a lot more structured. That's what the New York Islanders and head coach Barry Trotz are going to tell you, often.

The Islanders are the early surprises of the 2018-19 NHL season as a team that was expected to be rooted at the bottom of the Metropolitan Division is exceeding all preseason projections.

In fact, after sweeping a home-and-home series with the high-powered Pittsburgh Penguins last week before a 3-0 victory Saturday night over the New Jer-

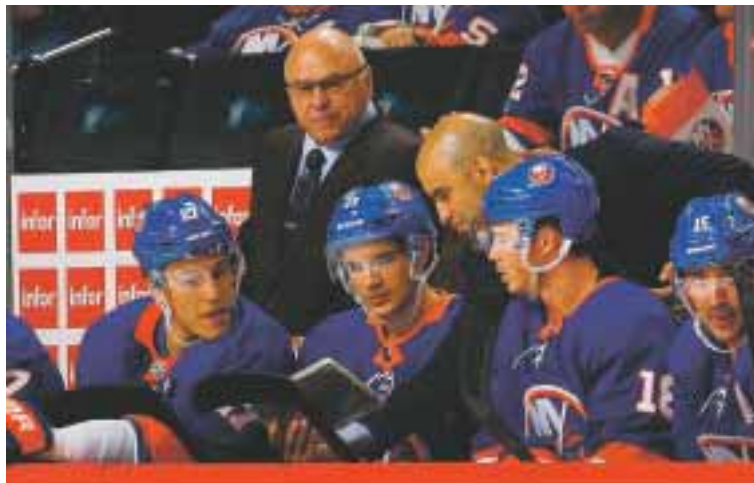
sey Devils, the Islanders are in first place in the division behind a five-game win streak.

All five of those wins came against Metropolitan opponents as New York has started the year 6-0 against divisional foes for the first time since the 1982-83 season.

And it all centers around that structure, which has swept through Brooklyn via Trotz and new team president Lou Lamoriello. It is what the Islanders will constantly point to as the reason for their early-season success.

"The commitment level is there, all the small little things that you see with our structure," Islanders captain Anders Lee said. "We're throwing that word around a lot but it's really important for us because it's allowing us to win games."

It's something Trotz — who is fresh off a Stanley Cup title with



Barry Trotz and the New York Islanders sit atop the Metropolitan Division after 13 games. GETTY IMAGES

the Washington Capitals last season — has helped instill in this year's Islanders, who didn't necessarily improve on paper compared to last year's team that collapsed down the stretch under Doug Weight.

They're finding ways to win this year rather than giving points away,

including an exhilarating 3-2 shootout victory over Pittsburgh on Thursday that featured a shorthanded goal, an aggressive poke check from goalie Thomas Greiss and an ability to rebound from losing a 2-1 third-period lead.

That structure can go a long way for a fran-

chise that has seemingly been in disarray for years.

"It helps galvanize the thought process of the system or a part of your game," Trotz said. "I think our team has played hard, committed, detailed and structured night in and night out."

The Islanders have appeared much more organized, especially at the back, considering they've given up just 30 goals through 13 games this season, tied for fewest allowed in the NHL.

Much of that has to do with the goaltending of Greiss, who has been exceptional over his last five games by saving 119 of his last 123 shots.

"Sometimes you just get hot and pucks are bouncing your way," Greiss said. "We have great structure this year and are playing well as a team."

The Islanders' busy schedule continues on Monday night, when their three-game homestand ends against the Montreal Canadiens, marking their seventh game in 12 nights.

"I thought we had a really good week," Trotz said. "We paid the price, we played the right way, we had heavy commitment, we executed when we had to."

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Please contact Abigail Collins at (212) 241-7910 or at abigail.collins@mssm.edu

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Study Principal Investigator: Joshua Mincer, MD, PhD
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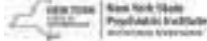
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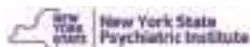


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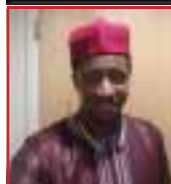
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GAMES

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ACROSS

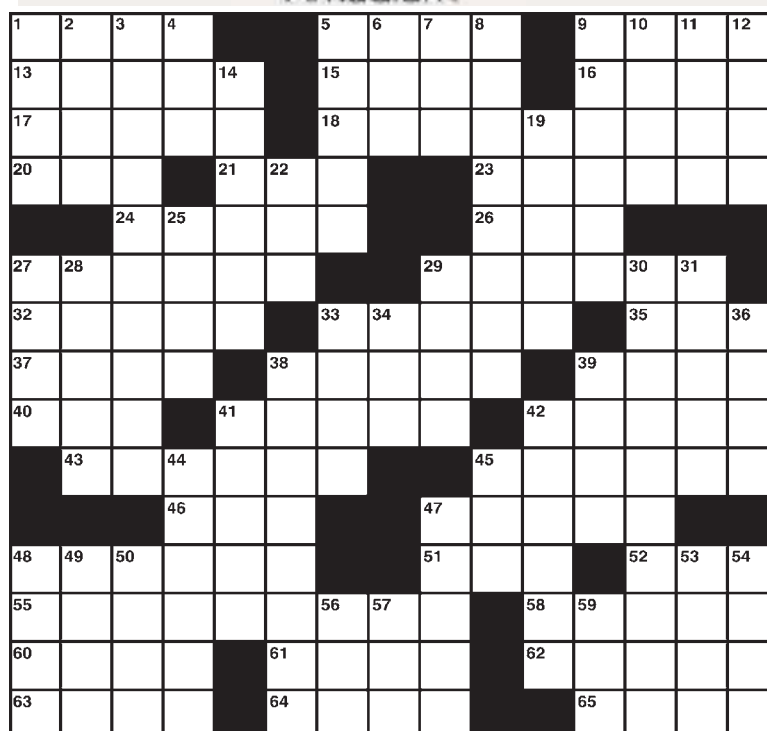
- 1 In addition to
5 Helpful hints
9 Performances
13 Freeway divisions
15 Kitchen or den
16 Drill a hole
17 Beginning
18 Thorough; absolute
20 Fight result, for short
21 Greek letter
23 Awakens
24 Inexpensive
26 Facial twitch
27 Man of the cloth
29 Handgun
32 Packages of paper
33 Lying flat
35 Dyer's tub
37 Flows back
38 Part of a fork
39 Goose egg
40 Star of "The King and I"
41 Flamboyant
42 Funeral hymn
43 Tried out
45 Chopped finely

- 46 Split __ soup
47 Throw to a batter
48 Resounds
51 Hardwood tree
52 "Much __ About Nothing"
55 Quack
58 Goofed
60 Metal corrosion
61 __ as a pin
62 Became furious
63 Baseball officials
64 Afternoon socials
65 Ties the knot

DOWN

- 1 Story line
2 Thin
3 Too reserved
4 Look at
5 Group of Girl Scouts
6 Debtor's note
7 Cauldron
8 Hurting
9 Kidnap
10 Dove sounds
11 __ or false test
12 __ up; arranges
14 Nervous tension

- 19 Racket
22 Head topper
25 Skirt edges
27 __ on; victimize
28 Counter an argument
29 Small horse
30 Engage in price gouging
31 T-shirt size
33 Nudge; urge on
34 Argument
36 Three-__ sloth
38 Game bird
39 Element whose symbol is Zn
41 Iron alloy
42 In a __; agitated
44 Athletics
45 Prefix for treat or taken
47 Trousers
48 Soft beige
49 Pal
50 Lock's hinged metal plate
53 Action
54 Likelihood
56 Peg for Tiger
57 Motorists' org.
58 Uncooked

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metro.us/wordsearch



Alan
Evey
Fifth
Fry
Guy Fawkes

Hugo
Mask
Moore
Natalie
November

Portman
Revolt
Stephen
Vendetta
Weaving

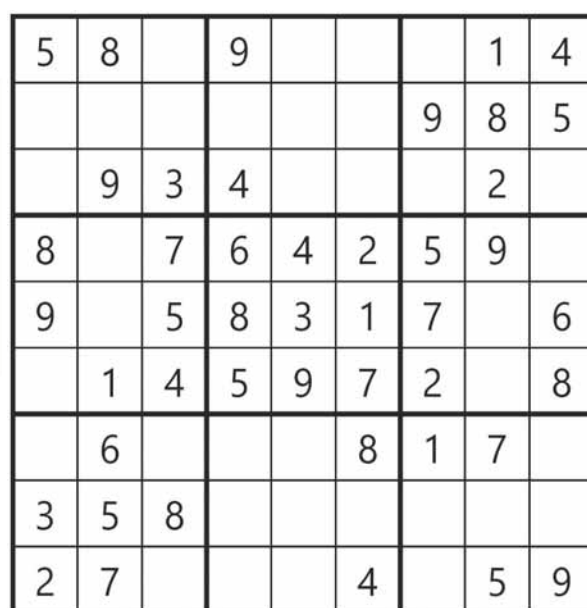
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Category: Animal



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Tomorrow you can vote on changes intended to increase participation in our city's democracy.



Campaign Finance

Lower limits on contributions to political campaigns and increased public matching funds for small contributions.



Civic Engagement

A new commission to promote civic engagement, bring participatory budgeting to every neighborhood, and increase language access at poll sites.



Community Boards

Term limits for community board members, an application process to promote diversity in appointments to community boards, and additional resources to support them.

On November 6th, don't forget to flip your ballot and vote on the issues.

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CHARTER
REVISION
COMMISSION

About the 2018 NYC Charter Revision Commission Ballot Questions



Campaign Finance

The Commission proposes to amend the City's campaign finance system with changes designed to address persistent perceptions of corruption associated with large campaign contributions, boost incentives for campaigns to reach out to small donors, and create more opportunities for candidates to run diverse types of campaigns without the need to rely on large donors. If approved by the voters, the campaign finance ballot proposal will:

- Lower the amount of money that candidates for City elected offices can receive from contributors to their campaigns.
- Seek to strengthen small dollar public matching for candidates who participate in the City's public campaign financing program by increasing the public funding used to match a portion of the contributions received.
- Make public matching funds available earlier in the election year to participating candidates who can demonstrate need for the funds.
- Ease a requirement that candidates for Mayor, Comptroller, or Public Advocate must meet to qualify for matching funds.

The amendments would apply to participating candidates who choose to have the changes apply to their campaigns beginning with the 2021 primary election, and would then apply to all candidates beginning in 2022.



Civic Engagement

The Commission proposes creating a new Civic Engagement Commission, in order to enhance civic participation, promote civic trust, and strengthen democracy in New York City. If this ballot proposal is approved by the voters, the Civic Engagement Commission will:

- Implement a Citywide participatory budgeting program established by the Mayor to promote participation by City residents in making recommendations for projects in their communities.
- Partner with community based organizations and civic leaders, as well as other City agencies, to support and encourage civic engagement efforts.
- Establish a program to provide language interpreters at City poll sites.

The Civic Engagement Commission would have 15 members, with 8 members appointed by the Mayor, 2 members by the City Council Speaker and 1 member by each Borough President. One of the Mayor's appointees would be Commission Chair who would employ and direct Commission staff.

The Mayor would be authorized to assign relevant powers and duties of certain other City agencies to the Commission.



Community Boards

The Commission proposes changes designed to help make community boards more reflective of the communities they represent and more effective in that representation. If approved by the voters, the community board ballot proposal will:

- Impose term limits of a maximum of four consecutive full two-year terms for community board members with certain exceptions for the initial transition to the new term limits system.
- Require Borough Presidents to seek out persons of diverse backgrounds in making appointments to community boards and create application and reporting requirements related to appointments of community board members.
- Require the proposed Civic Engagement Commission to provide resources, assistance, and training related to land use, language access, and other matters to community boards.

To learn more visit
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